

The BOMBARDIER

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Oct. 13, 2006

Two days to NSI: 2d Bomb Wing begins inspection Sunday after much preparation

BY STEPHANIE BEMROSE
THE BOMBARDIER

The 2d Bomb Wing is finishing final preparations for the upcoming nuclear surety inspection beginning Sunday.

Inspectors from Air Combat Command headquarters will evaluate the 2d BW nuclear surety procedures.

All units in the 2d BW have been involved to some degree in preparation for this inspection.

Col. Daniel Charchian, 2d BW commander, is confident that all the wing's programs will do well because the entire wing has done a great job preparing

for the inspection.

"The 2d Medical Group and the 2d Mission Support Group worked extremely hard on our PRP program; the 2d Security Forces Squadron have assured our security readiness, the 2d Maintenance Group practiced and perfected weapons loads and the 2d Operations Group prepared the mission materials and aircrews for testing," the wing commander said. "Command Post provided rigorous training for the aircrew, updated mission materials and thoroughly prepared their controllers."

Maj. Brett Wilkinson, chief of wing exercises, agrees.

"Everyone has really come together to make this happen and that is what it will take to be successful – the teamwork," the major said.

Colonel Charchian reminds Airmen that the inspection is to evaluate how they go about their daily business, and that what is expected during the NSI is no different that what is expected of Airmen each and every day.

"The only difference will be that there will be an ACC inspector observing," the commander said. "This is our opportunity to let the ACC inspector general know that the 2d Bomb Wing is Second to None!"

Major Wilkinson reminds Airmen that the inspection is not over until it's over Oct. 23.

"Until then, keep your head in the game, take care of the details, and keep the 'can-do' attitude that the 2d BW is known for," the major said.

"Every unit on base has had a direct or supporting role, and has therefore been instrumental to the 2d BW's preparation for the inspection," the wing commander concluded. "It truly has been a team effort and working together as a team, we will have a very successful inspection."



Airman 1st Class Kendra Fulton

Staff Sergeant Kirkland Walker opens a panel on a Material Handling Unit-196 trailer during an Air to Ground-129 missile pylon upload, while Staff Sergeant Kalandus Morgan verifies that Sergeant Walker performs the correct procedures against his checklist. Sergeant Walker is loading the last of the AGM-129 missiles in preparation for the nuclear surety inspection, which begins Sunday.

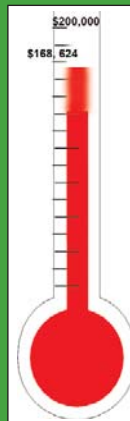
Hero honored with monument

Maj. Gen. Lewis Lyle, a former commander of the 303d Bomb Group under 8th Air Force, stands near the monument presented to him Oct. 3 at the 8th AF museum near the B-17 static. General Lyle was surprised to find out the monument had been placed to recognize him and his contributions during World War II. General Lyle spoke during a ceremony to dedicate the monument, saying he was grateful though he felt he did not deserve to have such an honor bestowed upon him.

Senior Airman Stephen Otero



As of Wednesday, the Combined Federal Campaign has raised \$168,624.52, or 84 percent of the overall goal. The CFC ends Monday.



Weekend Weather

Today Sunny Hi: 65 Low: 47	Saturday Partly cloudy Hi: 81 Low: 59	Sunday Scattered t'storms Hi: 76 Low: 65

Feature ...Page 10-11



Chapel aging well, still guiding light for Barksdale members

SportsPage 14



Appropriate wear directions for new PT uniform

Sortie Scoreboard

2d Bomb Wing monthly flying goals

As of Oct. 6			
Depicted in sorties	1st Bomb Squadron	2nd Bomb Squadron	3rd Bomb Squadron
Goal:	65	45	44
Flown:	5	0	0
Remaining:	60	45	44
	0	0	0

Welcome ACC IG Team



**THE SECRETARY OF THE AIR FORCE
CHIEF OF STAFF, UNITED STATES AIR FORCE
WASHINGTON DC**

OCT 4 2006



To the Airmen of the United States Air Force

Just over 100 years ago, American inventors from Dayton, Ohio, ushered in the era of manned flight. Since then, adaptive and flexible Airmen in uniform have continued to innovate, pushing the limits of imagination and technology to dominate in Air, Space, and now Cyberspace. In this unrelenting quest to broaden our knowledge, expand our horizons, and ensure our nation's security, the United States Air Force has given our nation unprecedented and unparalleled military options – options no other nation has ever had. We have truly become something amazing.

Nearly sixty years ago, on September 18, 1947, President Harry Truman signed the National Security Act into law, creating the United States Air Force as an independent service. This year, we commemorate the 60th Anniversary of our proud Service – born of revolutionary ideas, forged in combat, and proven through decades of progress and achievement. In doing so, we pause to *reflect* on our remarkable heritage, *reaffirm* our commitment to today's fight, and *resolve* to continually expand our reach toward our limitless horizons.

We have every reason to be proud when we *reflect* on our remarkable heritage. We've been led by innovative air power pioneers who overcame dangerous times, daunting challenges and terrible enemies. The list of our great captains goes on and on: Billy Mitchell, Hap Arnold, Tooeey Spaatz, Curtis LeMay and Bennie Schriever come immediately to mind. Yet not all our air power heroes are household names. Over 54,000 courageous Airmen have made the ultimate sacrifice in battle while serving our nation; still tens of thousands more bear the physical and emotional scars of our years of combat. It's fitting, then, that on October 14th, 2006, we will dedicate a long overdue Air Force Memorial in Arlington, Virginia, honoring the dedication, sacrifice and accomplishments of these courageous air and space power pioneers and warriors. This inspiring monument overlooking Washington, D.C., also pays tribute to the millions of Americans who have served in the world's finest Air Force, its predecessor organizations, the 700,000 Airmen who serve today across our Total Force, and the millions yet to serve.

As we *remember*, we must also *reaffirm* our commitment to our Core Values – Integrity First, Service Before Self, and Excellence in All We Do – which are the bedrock upon which we operate and build our future. We must also *resolve* to reinvigorate our Air, Space and Cyberspace capabilities. So even while we're engaged in the current Long War, we're transforming ourselves into an information age force that will be able to dominate across our domains and have dislocating effects at all levels of war in this relatively new century. We're building on our history and soaring toward our horizon.

In short, September 18th, 2006 marked the 59th birthday of the United States Air Force and kicked off our yearlong 60th anniversary commemoration of six decades of global Air and Space Power. This year more than ever, let's embrace the fact that our boundless future builds on our glorious past and pay homage to the connection between the monumental achievements of America's pioneering Airmen and today's innovative war fighters. We remain amazed at today's Airmen and at the Air Force we have become. Thank you for what you do every day for our Air Force and our great nation!

Michael W. Wynn
Secretary of the Air Force

T. Michael Moseley
General, USAF
18th Chief of Staff

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actionline@barksdale.af.mil

The Action Line is an avenue for complaints, suggestions and kudos on services provided at Barksdale. Comments can help make the base a better place.

Although the Action Line is always available for use, the best and fastest way to resolve problems is through the chain of command or the organization involved.

Individuals are encouraged to go that route first. If the problem is still unresolved, call the Action Line and the appropriate base agency will address the problem. Positive feedback about Barksdale is also encouraged. Please leave a name and phone number when calling the Action Line.



Col. Daniel Charchian
2d Bomb Wing Commander

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ATSO Question of the week

Q: What is the maximum amount of Mark 1 Kits (auto injectors) that you can use at a given time?

A: The maximum amount of kits is three. Do not use your injectors on anyone else. (Ref- AFMAN 10-100 page 147)

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Hispanic Americans making the sacrifice

By CAPT. CARLOS DIAZ
18TH WING PUBLIC AFFAIRS

Many of us have made the trip from other countries where Spanish is the native language. Many of us share African, Spanish or Native American roots. All of us are committed to support and defend the Constitution of the United States against all enemies, foreign and domestic.

We are Hispanic Americans serving in the military.

From the Civil War to the Global War on Terrorism, people from places like Mexico, Spain, the Caribbean and South America have fought bravely to defend our country against those who hate our way of life and the United States of America.

Many of our parents, and even some of us, have made the sacrifice of leaving the places we grew up to adopt and cherish a new culture with a new language that values the freedom of all men and women. This country has given us the

opportunity to provide better lives for our families and to share our culture and make a contribution to America's future.

Among those who have gone above and beyond in the defense of our country, are 39 Hispanic Medal of Honor recipients. Names like Army Master Sgt. Roy Benavidez, who despite his severe wounds saved the lives of at least eight men while serving in Vietnam.

Marine Pfc. Fernando Luis-Garcia did not hesitate to jump on top of and cover with his body an enemy grenade to protect his fellow Marines while serving in Korea. Army Cpl. Benito Martínez manned his listening post despite imminent danger while serving in Satae-Ri, Korea. These servicemembers exemplify the sacrifices of Hispanic Americans fighting in the U.S. military.

Never in my lifetime would I have imagined that after leaving Puerto Rico, I was going to be in the forefront of the Global War on Terrorism and be able to provide comfort to those who lost everything they had after the 2004 tsunami in

the Pacific.

Now that I think about it, I probably thought about serving this country. I remember the stories of many veterans who would sit and chat with my grandfather about their experiences during the Korean and Vietnam conflicts, while he waited for his medical appointment at a veterans hospital.

Like my story, there are another 200,000 stories of sacrifice and courage like the ones I heard at that hospital a long time ago. Those stories are being written in Spanish and English, they sound like salsa merengue and mariachis; they taste like pozole, plantains and enchiladas; they all feel and smell like freedom.

Thousands of Hispanic Americans have given their lives to defend our way of life and have paved the way for me and other Hispanic servicemembers and civilians who have followed their example.

To the ones who went before us and opened doors to people like me, and to the country that has accepted our cultures and given us our way of life – Gracias!

New cyber command

Air Force leaders to discuss new war front

BY STAFF SGT. C. TODD LOPEZ
AIR FORCE PRINT NEWS

WASHINGTON – Air Force leaders are gathering in early November to discuss plans for creation of a new command, one chartered with flying and fighting in cyber space.

Cyberspace became an official Air Force domain, like air and space, on Dec. 7, 2005, when Secretary of the Air Force Michael W. Wynne and Chief of Staff of the Air Force Gen. T. Michael Moseley introduced a new mission statement.

In a letter to Airmen, they said the new mission was to “deliver sovereign options for the defense of the United States of America and its global interests – to fly and fight in air, space and cyberspace.”

Now, Air Force leaders are planning to stand up a new “cyber command,” to be responsible for fighting in that domain, said General Moseley.

“To deliver the full spectrum of effects we will evolve a coherent enterprise, with warfighting ethos, ready to execute any mission in peace, crisis and war,” the general said. “We will foster a force of 21st century warriors, capable of delivering the full spectrum of kinetic and non-kinetic, lethal and non-lethal effects across all three domains. This is why we are standing up an operational command

for cyberspace, capable of functioning as a supported or supporting component of the joint force.”

Air Force leaders begin planning for the new cyber command Nov. 16 at the Cyber Summit. During the summit, Air Force leaders will chart a way ahead for the Air Force’s role in cyberspace, also called the cyber domain, said Dr. Lani Kass, director of the Air Force Cyberspace Task Force.

“The chief of staff of the Air Force is going to gather his senior officers and talk about the new domain, in which, according to our mission, we are going to fly and fight,” she said. “Our objective is to come out with a course, a vector, that will set us up for transforming our Air Force, to get us ready for the fight of the 21st century.”

According to Dr. Kass, cyberspace is neither a mission nor an operation. Instead, cyberspace is a strategic, operational and tactical warfighting domain – a place in which the Air Force or other services can fight.

“The domain is defined by the electromagnetic spectrum,” Dr. Kass said. “It’s a domain just like air, space, land and sea. It is a domain in and through which we deliver effects – fly and fight, attack and defend – and conduct operations to obtain our national interests.”

The cyber domain includes all the

places an electron travels. The electron, which is part of the atom, can travel from one atom to the next. This concept is key to electronic communication and energy transmission.

An electron may travel from a cell phone to a cell tower, for instance. The path the electron takes, the shape of its path, the speed it travels, and the direction it travels are all critical to ensuring the cell phone works and that a usable signal is received. As part of a signal, an electron can travel from a handheld computer to a reception tower, over a wire to a telephone, to a television through an antenna, from a radio transmitter to radio, and from computer to computer as part of a network.

The electron can also travel, as part of energy transmission, from a microwave oven to popcorn seeds to make them pop, from generators over a wire to a light bulb, and from an X-ray machine through bone to a detection plate to make an image for a doctor to review.

The places where the electron travels is the cyber domain, or cyberspace. And the ability to deliver a full range of cyber effects – to detect, deter, deceive, disrupt, defend, deny, and defeat any signal or electron transmission – is the essence of fighting in cyberspace.

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21 Airmen Receive Article 15s in September

2D BOMB WING LEGAL OFFICE

The military justice system is a commander's program designed to support good order and discipline and to ensure mission accomplishment. When commanders decide to impose nonjudicial punishment under Article 15, Uniform Code of Military Justice, they have a variety of punishments from which to choose. For enlisted members, the possibilities include reduction in rank, forfeiture of pay, restriction (e.g., to the base or from clubs), extra duties, correctional custody, and a reprimand. Officers may receive forfeiture of pay, arrest in quarters, restriction, and a reprimand. In deciding on an appropriate punishment, the commander takes into account the facts of the case as well as the member's duty performance, attitude, potential, and disciplinary history, such as previous reprimands or nonjudicial punishment. The following 21 Airmen received Article 15s during September 2006:

2d Aircraft Maintenance Squadron

A staff sergeant assaulted his girlfriend. Also, the member was married and tried for adultery. Punishment was reduction to the grade of senior airman and forfeiture of \$400 pay per month for two months.

An airman first class wrongfully used marijuana. Punishment was reduction to the grade of airman basic. This individual has since been discharged.

A senior airman did not return to his place of duty after an appointment. Punishment was suspended reduction to the grade of airman first class, 45 days extra duty, and forfeiture of \$200 pay per month for two months.

A senior airman wrongfully used marijuana. Punishment was reduction to the grade of airman basic. This individual has since been discharged.

2d Civil Engineer Squadron

A senior airman failed to maintain his dormitory room in

inspection order and missed an appointment. Punishment was suspended reduction to the grade of airman first class and forfeiture of \$50 pay per month for two months. This individual has since been discharged.

2d Logistics Readiness Squadron

A senior airman went to the fitness center instead of his duty location. Punishment was reduction to the grade of airman first class, suspended reduction to the grade of airman, 20 days extra duty and restriction to base for 45 days.

A senior airman was speeding and driving while intoxicated. Punishment was reduction to the grade of airman first class and forfeiture of \$500 pay per month for two months.

2d Maintenance Operations Squadron

An airman first class was huffing paint and drinking while under the legal age. Punishment was reduction to the grade of airman basic. This individual has since been discharged.

A senior airman wrongfully used marijuana. Punishment was reduction to the grade of airman. This individual has since been discharged.

2d Maintenance Squadron

A senior airman was driving while intoxicated and was absent without leave while in jail for three days. Punishment was reduction to the grade of airman first class, suspended forfeiture of \$372, and restriction to base for 14 days. This individual has since been discharged.

2d Munitions Squadron

A staff sergeant was speeding and driving while intoxicated. Punishment was reduction to the grade of senior airman, forfeiture of \$500 pay per month for two months, 30 days extra duty and a reprimand.

2d Security Forces Squadron

An airman first class fell

asleep while on duty as a sentinel. Punishment was reduction to the grade of airman and 30 days extra duty.

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An airman first class fell asleep while on duty as a sentinel. Punishment was reduction to the grade of Airman and 30 days extra duty.

An airman fell asleep while on duty as a sentinel. Punishment was reduction to the grade of airman basic and 30 days extra duty.

An airman first class made a false official statement and wrongfully used a controlled substance. Punishment was reduction to the grade of airman basic, forfeiture of \$636 pay per month for two months, and 45 days extra duty.

An airman first class hit a parked car and failed to report it and was driving on an expired driver's license. In addition, the member disobeyed an order. Punishment was suspended reduction to the grade of airman and 30 days extra duty.

An airman was two hours late to work. Punishment was reduction to the grade of airman basic and 30 days extra duty. This individual has since been discharged.

A senior airman stole non-military property and made a false official statement. Punishment was suspended reduction to the grade of airman first class and 45 days extra duty.

An airman first class left his appointed place of duty. Punishment was suspended reduction to the grade of Airman, 45 days extra duty, and a reprimand.

An airman first class wrongfully used a controlled substance and solicited other Airmen to wrongfully use a controlled substance. In addition, he was drinking while under the legal age limit. Punishment was reduction to the grade of airman basic, 45 days extra duty and forfeiture of \$636 pay per month for two months. This individual has since been discharged.

CARs to assist Airmen with TSGLI benefits

SUBMITTED BY BARKSDALE CASUALTY ASSISTANCE REPRESENTATIVE DAVID DAY

The casualty assistance representative, David Day, is the primary point of contact for assisting potentially eligible members with Traumatic Injury Protection Insurance applications in coordination with the base military treatment facility.

TSGLI coverage is a tax free lump sum payment ranging from \$25,000 to \$100,000 depending on the extent of the

injury. Members insured under the Servicemembers’ Group Life Insurance policy are automatically covered at an increase in their premiums of only \$1 per month.

The coverage also includes a retroactive provision for Airmen who suffered a qualifying loss as a direct result of injuries incurred in Operation Iraqi Freedom or Operation Enduring Freedom from Oct. 7, 2001 through Nov. 30, 2005. Enrollment in SGLI is not a re-

quirement to receive the retroactive TSGLI benefits.

“The intent of TSGLI is to provide qualifying injured Airmen with an immediate source of income,” said Mr. Tom Perry, chief of the casualty matters division at AFPC. “Our casualty assistance representatives will play an active role in counseling eligible Airmen and assisting them with the certification process.”

Certification forms for TSGLI benefits are available at base MPFs and

should be submitted at the earliest opportunity.

For more information on the TSGLI benefit, Airmen should contact their base casualty assistance representative, David Day at 456-2212.

Airmen with questions regarding eligibility or processing requirements for retroactive TSGLI benefits may also contact their base CAR or call the AFPC casualty services branch at DSN 665-3505 or (800) 433-0048.

Force Protection Conditions

Defense Department Directive 2000.12 states the Force Protection Conditions standardize the identification, recommended preventive actions and responses to terrorist threats against U.S. Personnel and facilities.

FPCON NORMAL

Local security measures designed for implementation when there is no credible threat of terrorist activity. Under these conditions, only a routine security posture designed to defeat the routine criminal threat is warranted.

FPCON ALPHA

This applies when there is a general threat activity against personnel and/or military installations, the nature and extent of which is unpredictable, and circumstances do not justify full implementation of FPCON BRAVO. Suspicious personnel, unidentified parked vehicles, abandoned parcels or suitcases, or any other activity considered suspicious should be reported to the military police.

FPCON BRAVO

This applies when an increased or more predictable threat exists. In addition to the measures required by FPCON ALPHA, the following measures will be implemented: increase in frequency of warnings as previously required under FPCON ALPHA, inform servicemembers, civilian employees and family members of the general threat situation to stop rumors and prevent unnecessary alarm; increase the frequency of random identity checks.

FPCON CHARLIE

Applies when an incident occurs or intelligence indicates some form of threat against personnel and/or facilities is imminent. Implementation of FPCON CHARLIE measures, for more than a short period, will probably create hardships for personnel and affect the peacetime activities of units and personnel.

Implement the following: continue all FPCON ALPHA and BRAVO measures or introduce those which have not been implemented; verify the identity of all personnel entering the installation, facilities and activities; inspect ID cards, security badges or other forms of personnel identification; reduce installation access points to the absolute minimum necessary for continued operation; erect barriers required to control the direction of traffic flow.

FPCON DELTA

Implementation applies in immediate area where a threat attack has occurred or when intelligence indicates terrorist action in a specific location is likely. Implementation of FPCON DELTA normally occurs for only limited periods of time over specified, localized areas. Implement the following: continue all FPCON ALPHA, BRAVO and CHARLIE measures or introduce those which have not already been implemented; inspect all vehicles entering the installation, facility or activity; limit access to those personnel with a legitimate and verifiable need to enter; inspect all baggage (suitcases, packages, and briefcases) brought on the installation for presence of explosives or incendiary devices, or other dangerous items; cancel or delay all administrative movement that is not mission essential.

Information provided by <http://www.narmc.amedd.army.mil/>

ACC declares IOC for small diameter bomb

By Tech. Sgt. Russell Wicke
Air Combat Command Public
Affairs

Air Combat Command commander Gen. Ronald Keys declared initial operational capability for the GBU-39/B Small Diameter Bomb Oct. 2.

The IOC announcement comes six months ahead of schedule, only weeks after it was initially delivered to the warfighter in early September for Air and Space Expeditionary Force 3/4.

Boeing, the GBU-39B manufacturer, describes the bomb as "the next generation of low-cost and low-collateral damage precision strike weapons for ... employment from fighters, bombers and unmanned aerial vehicles," on their Web site at <http://www.boeing.com>. The F-15E Strike Eagle is the only aircraft currently equipped to carry the SDB. However, future potential platforms include the F-16 Fighting Falcon, B-1 Lancer, B-2 Spirit, F-22A Raptor and F-35 Lightning II.

The advantages of the SDB are precision capabilities, light weight, small size and increased aircraft payload. The bomb, a mere 250 pounds, has a smaller lethality radius - but its advanced technology makes the small blast a benefit, not a liability.

"SDB is a very precise coordinate seeking weapon," said Lt. Col. Mark Pierce, ACC Advanced Weapons Requirements Branch deputy chief. "Because of its precision, it doesn't have to carry a lot of explosive material to achieve weapons effects against the specified target. Therefore ...

targets can be serviced without the excessive blast and fragmentation of a larger weapon. The result should be less collateral damage."

Furthermore, its small size enables aircraft to carry more weapons, allowing commanders "to service more targets on a single pass." Its mounting carriage, the BRU-61/A, fits four bombs on one weapon pylon.

It's also a versatile weapon. The SDB range is more than 50 nautical miles when launched at 40,000 feet at Mach .95. This enables an aircraft to launch SDBs to multiple targets, while beyond the range of many anti-aircraft systems.

Additionally, it's an all-weather weapon, effective day or night and can be fired at targets in front of, to the sides, and behind the employing aircraft. It's effective on stationary targets within 1.2 meters. Typical targets include hardened aircraft bunkers, early-warning radar, stationary SCUD missile launcher, stationary artillery and more, said Colonel Pierce.

Because of the nature of the Global War on Terrorism, warfighters need a weapon like



Courtesy photo

A small diameter bomb hits an A-7 parked inside a concrete aircraft shelter during a test at White Sands Missile Range, N.M. SDB is an autonomous, 250-pound class weapon that can be used in adverse weather and has a standoff range of more than 50 nautical miles.

this now, according to Colonel Pierce. That demand accelerated efforts to get the SDB to the field as soon as possible. Meeting this need approximately six months ahead of schedule is a feat lauded by the ACC commander.

"This milestone is the culmination of outstanding teamwork from the acquisition, industry, and test communities and delivers increased combat capability to the warfighter," said General Keys.

Missing World War II Airman identified

AIR FORCE PRINT NEWS SERVICE

WASHINGTON — The Department of Defense POW/Missing Personnel Office announced today that the remains of a U.S. serviceman, missing in action from World War II, have been identified and returned to his family for burial with full military honors.

He is 1st Lt. Shannon Estill, U.S. Army Air Forces, of Cedar Rapids, Iowa. He was buried Oct. 10 at Arlington National Cemetery near Washington, D.C.

On April 13, 1945, Lieutenant Estill's P-38J Lightning was struck by enemy anti-aircraft fire while attacking targets in eastern Germany. Another U.S. pilot reported seeing Lieutenant Estill's aircraft explode and crash. Because the location of the crash site was within the Russian-controlled sector of occupied Germany, U.S. military personnel could not recover Lieutenant Estill's remains after the war.

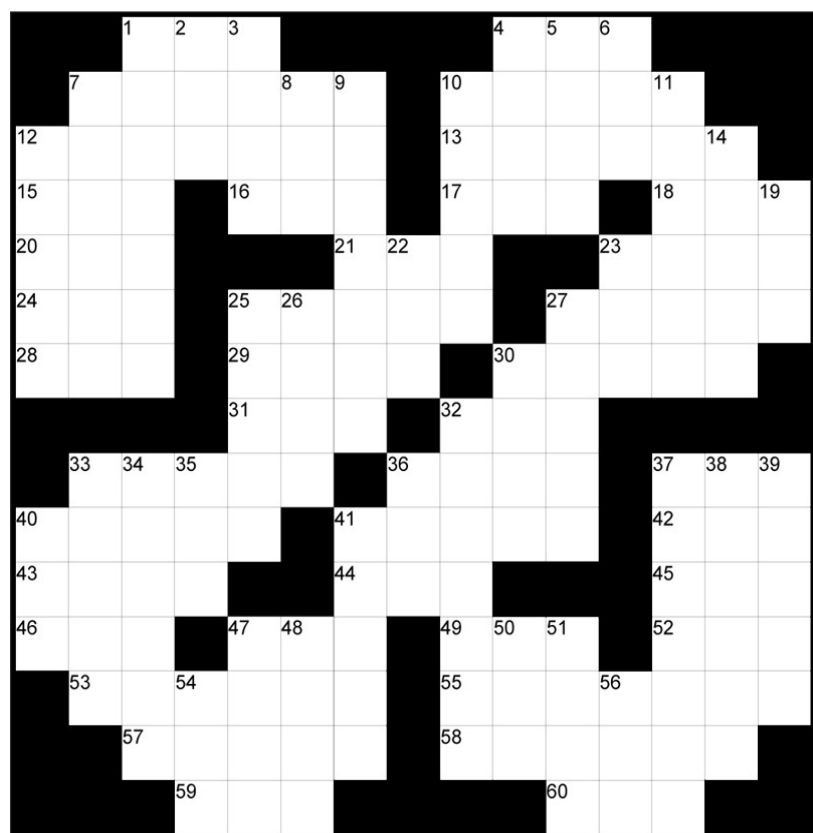
In 2003, a team from the Joint POW/MIA Accounting Command investigated a crash site near the town of Elsnig in eastern Germany. The

site had been reported by two German nationals whose hobby is finding the location of World War II crash sites. They also claimed to have found remains at the site, which they turned over to U.S. Army officials. The team surveyed the site and interviewed two more men who witnessed the crash as children.

In 2005, another JPAC team excavated the crash site and recovered additional human remains as well as P-38 wreckage. Included in the recovered wreckage was an aircraft data plate from Lieutenant Estill's plane.

Among other forensic identification tools and circumstantial evidence, scientists from JPAC and the Armed Forces DNA Identification Laboratory also used mitochondrial DNA in the identification of the remains, matching DNA sequences from a maternal relative.

For additional information on the Defense Department's mission to account for missing Americans, visit the DPMO web site at <http://www.dtic.mil/dpmo/> or call (703) 699-1169.



Happy Birthday USN!

By Captain Tony Wickman
71st Flying Training Wing
Public Affairs

ACROSS

1. Venomous snake
4. Grass field
7. Marshall Islands atoll site to nuclear testing
10. USN Spec Ops forces
12. LT T. G. ____; first Naval Aviator (1910)
13. Arched middle part of the human foot
15. Formerly
16. Crouching Tiger, Hidden Dragon director Lee
17. Decay
18. Animal doc
20. German article
21. Epoch
23. Char
24. Tokyo, formerly
25. Boatswain's Mate First Class Edward ____; USN MOH recipient
27. Commodore Oliver Hazard ____; "Hero of Lake Erie" in War of 1812
28. Mil. telephone system

29. Plunged
30. Admiral George ____; only Admiral of the Navy (1899)
31. No __, ands or buts
32. Duty status, perhaps
33. Seafaring need
36. Limbs
37. Concorde, in brief
40. Hubris
41. Seeing or hearing
42. Fed. org. concerned with smog
43. Shakespeare villain
44. X, to Cicero
45. Branch of a military force
46. Wane
47. A long time ____ ...
49. USN rank
52. Foot part
53. USN civilian head
55. Commodore Stephen ____; Barbary Wars and War of 1812 hero
57. Provide with a quality or trait
58. Address for two or more people
59. Popeye's girl Olive
60. ____ West; inflatable, vestlike life preserver

DOWN

1. Airfoil that controls lateral

motion
2. Vanilla ____
3. Site of leaning tower
4. Late night host
5. Compass point
6. Model/actress Carol
7. Exsanguinates
8. Prefix for combatant or invasive
9. David S. ____; first USN ace (1918)
10. Sea nymph who lured sailors to destruction
11. Strict
12. Terminated
14. RADM Robert ____; explorer and first person to the North Pole
19. Attempt
22. Hair care product
23. Embroider
25. Intensely interested
26. Right's counterpart
27. Seaman Joachim ____; USN Medal of Honor recipient (Civil War)
30. Excavates
32. PT 109 skipper and future US president
33. Marine crustaceans
34. Lenah ____; Superintendent of Nurse Corps and Navy Cross recipient
35. Commotion
36. Confederate general
37. Pacific NW city home to SEAFair festival
38. Dr. Mary ____; commissioned first female doctor in Navy (1950)
39. More domesticated
40. American ____
41. Kitchen appliance
47. Matlock's Griffith
48. Ancient region of western Europe
50. Prefix meaning new
51. Refuse or worthless matter
54. USN military head
56. Auto club



Answers to last week's puzzle

News briefs

Retirements

Congratulations to Master Sgt. Benjamin Cox on his retirement after 20 years of service.

Master Sgt. Robert Trusty, 2d Logistics Readiness Squadron, retires after 24 years of service at 10 a.m. today at the Fuels Management Building. Dress is uniform of the day for military and casual for civilians. For more information, call Master Sgt. John Stanford at 456-8619.

Lt. Col. Valerie White, 608th Air Support Squadron, retires after 24 years of military service at 10 a.m. Oct. 20 at the Barksdale Club. Dress is uniform of the day for military and business casual for civilians. For more information, contact Eva Theriot at 456-4875.

Chapel Job Openings

The chapel is looking for a Protestant religious education coordinator. For bid information or a complete Statement of Work, call Tech. Sgt. James Mitchell at 456-2111 or james.mitchell1@barksdale.af.mil. The deadline for applying for this job is Oct. 27. This position is offered as service agreement under the Barksdale Chapel Tithes and Offerings Fund of the base chapel and is not funded by appropriated funds.

SARC volunteers

The 2d Bomb Wing Sexual Assault Response Coordinator office is looking for highly motivated Victim Advocates for victims of sexual assault. VA duties include providing; victims emotional support, crisis intervention, and accompaniment. There is a required 40-hour training course to provide essential information, processes and resources that will enable you to assist victims. The next

training course is Nov. 13-17. For more information, call the 2d BW SARC at 456-7272 or email jennifer.shelton @barksdale.af.mil

Absentee Voting Week

Today and Saturday mark the end of Absentee Voting Week. Voters should return their voted ballot immediately after receiving it. Overseas voters should vote and return their state absentee ballot or the Federal write-in absentee ballot during this week to make sure their ballot is received by the local election official in time to be counted. If you receive your state absentee ballot after submitting the FWAB, vote and return the state ballot. For states that allow late counting, ballots must be voted on or before Election Day Nov. 7 and must be received by your state's late counting deadline. For more information, check www.fvap.gov or contact your unit voting assistance officer.

Haunted House

The 2d Civil Engineer Squadron will hold a haunted house from 7-11 p.m. Oct 26-31 on the base baseball fields. Cost is \$3 for adults and \$2 for ages 12 and younger. Concessions will be provided.

Fire Prevention Week

This week is fire prevention week. The base fire department will be hosting an open house all week long and will be at the Base Exchange from 9 a.m. to 1 p.m. today. Free gifts, demonstrations, and displays will be available.

Office Closure

All offices within 2d Comptroller Squadron will close at noon on today for an official function. Emergencies should be directed to 2d CPTS first sergeant at 560-2212.

Around Town

Goodwill donations

Goodwill is teaming up with Stein Mart to collect tax-deductible donations. In exchange for each garment donated, donators will receive a coupon (maximum of four) worth 20 percent off any item at Stein Mart, including sale items. Generous donations have helped make it possible for Goodwill to place 322 people into

jobs this year alone, provide job and referral services to an additional 1,240, and change tens of thousands of lives over the last 80 years.

Haunted Tour

The Municipal Auditorium will hold guided Haunted Tours from 6-8 p.m. today and Saturday in Shreveport.

Participants will hear the sounds captured by Louisiana "Spirits," a

paranormal organization, during a recent investigation at the Municipal. Walk the historical hallways and hear the stories of those who witnessed the unexpected. Cost is \$10 for adults, free for ages 12 and younger.

Arts, crafts, gifts show

This show will be held from 10 a.m. to 5 p.m. Saturday and 11 a.m.

to 4:30 p.m. Sunday in the Bossier Civic Center. It features an array of home furnishings, seasonal decor, personalized items, bath and body, women's and children accessories, handmade and fashion jewelry, and more. Door prizes and gift certificates will be given away every hour. Cost is \$2 for adults, free for ages 10 and younger. For information call 318-470-6714.

Rejoicing 67 years of faith, hope, guidance

STAFF SGT. M. ERICK REYNOLDS
2D BOMB WING PUBLIC AFFAIRS

When people talk of a building that is 67 years old, what comes to mind? Is it cracks in the plaster, falling down walls or just simply needing to be demolished because it's unsafe?

Chapel One was dedicated September 17, 1939, and hosted the first chapel service one week later.

Built in the French Colonial style, Chapel One seats 240 people.

The rooms in the back of the chapel also served as the post library for several years after it's dedication in 1939.

Having changed very little in the last 67 years, the chapel holds several original items throughout the building and shows minimal aging for a building built during that time, said Nathan Tracer, 2d Civil Engineering Squadron, Engineering and Design.

"You would be very hard pressed to know what year the chapel was built," he continued. "It has aged very well over the years."

One of the original items in the chapel is the pipe organ. The organ predates 1938 which makes it the oldest of only three pipe organs left in the Air Force today.

The secretary for the chapel staff, Stephanie Blaze, reflected on the times she would sit and listen to chapel organist, Sue Woodlaw, playing the organ.

"When I first started here, Mrs. Woodlaw was the only one the chaplain would allow to play the organ," she said. "It was some of the most wonderful sounds I ever heard.

"Beautiful music just carried through the chapel," Mrs. Blaze continued as she reflected with a smile, "I loved to listen to her play wedding hymns."

The organ was refurbished in 1983 in Hagerstown, Maryland for approximately \$60,000.

Today, the organ again is requiring some renovations that would run in the neighborhood of \$90,000, stated Ray Peebles, a representative from the Allen Organ Company.

"When I was able to play the organ," said Mr. Peebles, "it had some very warm and rich sounds."

Another one of the original items is located above the sanctuary doors.

The stained glass emblem is the Air Service propeller device that was adopted by the Air Service in 1918. This particular piece of art that features broad wings of gold was created in England and serves as a symbol of the Air Force Hymn, "Lord Guard and Guide the Men who Fly." The date of the manufacture is undetermined.

The chapel has been deemed by several accounts as being one of the three most beautiful chapels in the Air Force. The other two chapels are located at the Air Force Academy, Colo., and Randolph Air Force Base, Texas.

One of the reasons people continue to talk about the beauty of Barksdale's Chapel One is the stained glass windows designed by Dan Miller of the Pittsburgh Glass Company in Shreveport.

These were manufactured by a company in Chicago that went out of business about 1960, said Mr. Miller who is now 96 years old. The windows were manufactured during the World War II era when materials were very difficult to come by. Some of the materials used in the windows were lead, gold,

uranium, cobalt and ruby. The creation and installation of the windows in November 1946, cost \$3,489.

The stained glass windows are made up of the numbered Air Forces of the Army Air Corps, and surrounded by various colors mostly being a yellow hue.

"We used the design on the windows so we would not conflict with all the different religions that used the chapel," said Mr. Miller.

"The funds were raised on base through the sale of drinks at the clubs on post," he reflected. "It sure was an enjoyable experience working with that committee."

The rest of the information on the manufacturing of the windows are scarce due to a fire that ruined many of the records.

Some of the more modern but still very historic features of the chapel still remain visible.

Through the Cold War era, Klaxon alerts were put in and outside of the chapel for the alert crews. One of the pews still bears a reserved section sign for the crews that wanted to attend church.

Just above the organ, a blue and white Klaxon sign from the Cold War that would alert the crew members attending any service in the sanctuary is still visible.

Some of the other interesting features about the chapel are the podiums.

Sometime in the late 40s to early 50s, a plain wood podium was replaced by a hand carved podium made of oak from Barksdale. The carving was done by airman assigned to the base at that time, according to the Observer, the forerunner to The Bombardier.

The largest change to the chapel occurred in 1956 when the annex was added.

"This chapel is a symbol of faith and hope that has helped us survive all of our conflicts," said Chaplain (Lt. Col.) Leon Savage, base chaplain. "Chapel one has been here from World War II through our on going operations in Afghanistan and in Iraq and will continue to be an inspiration to us all in the future.

"We seek to glorify God in all that we do whether it is conducting worship services, doing unit visitation or praying at special events. We may not come from your particular faith, tradition or church, but we are committed to making it possible, to the extent the mission will allow, for you to worship according to the desires of your own heart. Our doors are open to all."

Some of the information used in this article was compiled from base newspapers, the 2d Bomb Wing Historian and documents kept by the chapel staff.



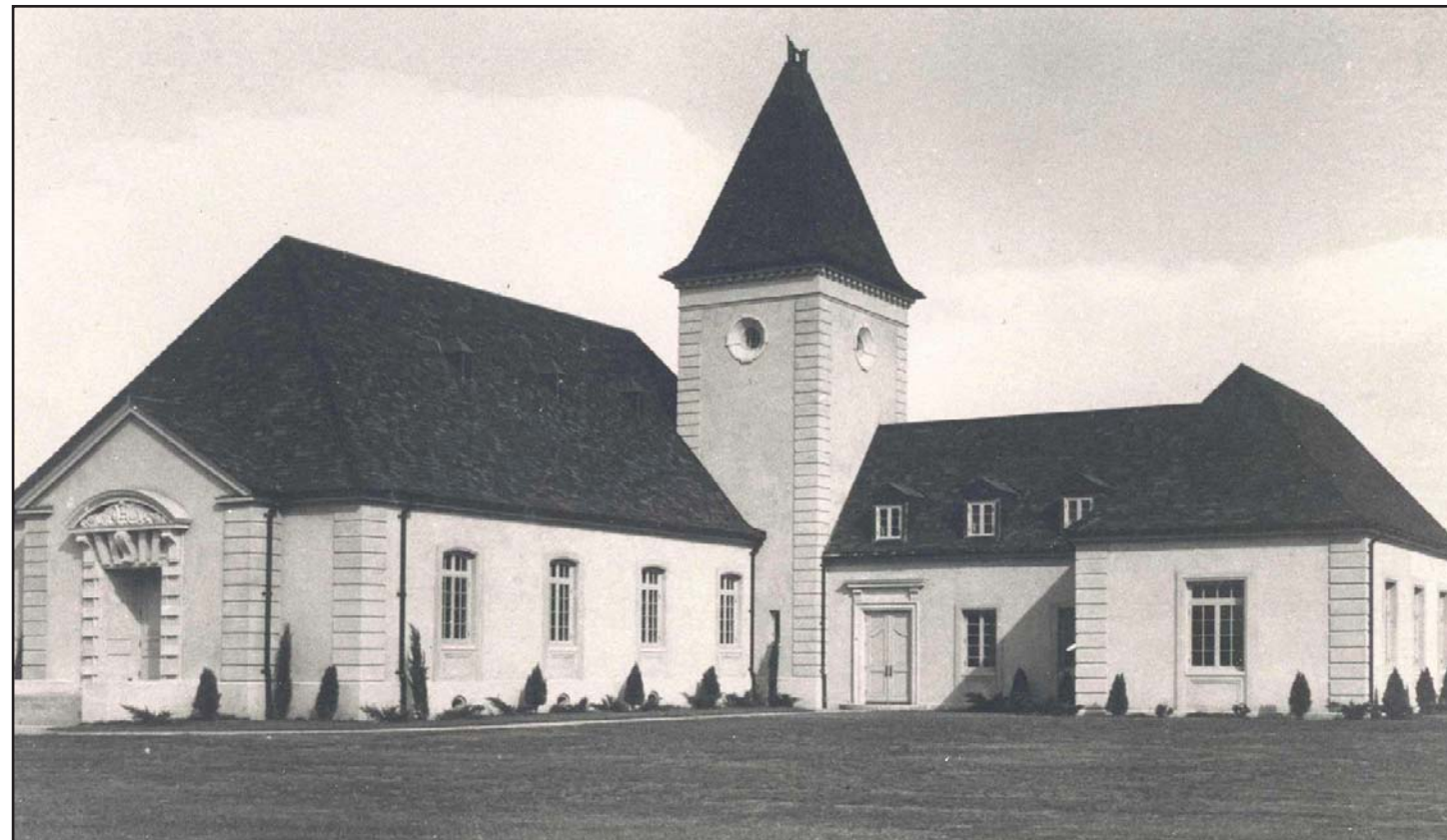
Staff Sgt. M. Erick Reynolds

This organ is the oldest piece of Chapel One as well as the oldest of the last three pipe organs in the Air Force. This organ requires about \$90,000 in repairs.



Staff Sgt. M. Erick Reynolds

This is one of eight stained glass windows in Chapel One. This window features numbered Air Forces seven and eight. The windows were installed in 1946.



Courtesy 2d BW Historian

Photo taken of Chapel One in the early 1940s. The chapel shows the original tinted windows.



Staff Sgt. M. Erick Reynolds

Photo of Chapel One 67 years after it's dedication showing some of the minor changes in the structure.

Cajun Warrior Attitude

Catch it!

Hometown: Camden, NJ

Unit: 2d Bomb Wing Chapel

Job title: Chaplain assistant

Goals: Continue to stay positive for others

Hobbies: Basketball, reading and listening to old school music

Favorite dish: Spaghetti with Italian sausage and four cheese sauce

Person I admire the most: Master Sgt. James Mitchell for his excellent ability

to form a chaplain assistant team


Favorite TV show: Friends

My pet peeve: Touching my belongings without asking

Favorite performer: Morgan Freeman

Favorite movie: Lonesome Dove

My best asset is: My love for my family




Senior Airman Nathaniel Porter

Favorite book: Whispers by Dean Koonz

I'm proudest of: The success I have now and my goals for the future

If I could change anything about Barksdale, it would be: Adding more programs that allow Officers and Enlisted to interact with one another

What I like about Barksdale: I like the fact that its a busy base and it has a lot of people and activities



TRICARE online is now available to Barksdale members. Users must register as a beneficiary before they book appointments with their primary care manager. Active duty members can log on at 7:30 a.m and all others can log-on after 7:30 a.m. All active duty members must have a working account. For more information, visit www.tricareonline.com. A link is also available on the Barksdale home page.



At the movies

**"Idlewild"**

Playing: 7 p.m. today
Rated: R

Run time: 120 minutes

Cast: Andre 'Andre 3000' Benjamin, Antwan 'Big Boi' Patton

Synopsis: Set against the backdrop of a 1930s southern speakeasy, Percival, a shy piano player, and Rooster, the club's showy lead performer and manager, struggle to keep their dreams alive.

**"Material Girls"**

Playing: 2 p.m. Saturday

Rated: PG

Run time: 99 minutes

Cast: Hilary Duff, Haylie Duff

Synopsis: Ava and Tanzie Marchetta have it all. The heiresses to a multi-million dollar cosmetics company, the girls approach life as one big party. But when a scandal involving one of their products emerges, the girls are left penniless, homeless, and seemingly helpless. What it will take to do that is doing some things they've never really considered – growing up, and asking for help from others, rather than expecting it to fall into their laps.

**"The Wicker Man"**

Playing: 7 p.m. Saturday

Rated: PG-13

Run time: 97 minutes

Cast: Nicolas Cage, Leelee Sobieski

Synopsis: Out patrolling a California highway, police officer Edward Malus stops a station wagon. Then a truck slams into the station wagon, igniting it into a fiery wreck with the mother and child trapped inside. Edwards fails to save them and then spends months choking down pills to get the image of their faces out of his head. But Edward then gets a second chance.

**"Invincible"**

Playing: 4 p.m. Sunday

Rated: PG

Run time: 104 minutes

Cast: Mark Wahlberg, Greg Kinnear

Synopsis: When the coach of Vince Papale's beloved hometown football team hosted an unprecedented open try-out, the public consensus was that it was a waste of time. Certainly no one like Papale, a 30-year-old substitute teacher who never even played college football. But against these odds, Papale made the team and soon found himself standing on the field as a professional football player.

Airman, Family Readiness Center

TAP Seminar

The Transition Assistance Program seminar, facilitated by the Department of Labor, will be held at 8 a.m. Monday through Thursday. This seminar is designed to help military members and their spouses make good career decisions as they move from military service to civilian life. Topics covered in this eight-hour day group environment are: personal appraisal; career decisions; applying for the job; resumes; dress for success; the interview; and job offers.

Deployed families' dinner

The Barksdale Airman and Family Readiness Center invites the families of deployed members to attend a fall fest at 5:30 p.m. Oct. 26 in the Chapel Two annex. On-site childcare will be provided. Call 456-8400 for more information.

Brown bag lunch series

Bring a lunch and join a brown bag lunch group noon to 1 p.m. Wednesday to discuss time-management techniques. The group meets the first and third Wednesdays of the month to share useful information and resources on a variety of topics. This is a great way to enhance your personal and professional life without additional time away from one's duty station.

Pre-separation briefing

A pre-separation briefing is mandatory 12-24 months before for those who are retiring or separating.

This briefing includes information about resources available to make this transition. Call 456-8400 to schedule a briefing.

Relocation briefing

All relocating servicemembers are required to attend a relocation briefing at least 90 days prior to their departure date. Participants will learn about the many resources available to make a smooth and pleasant transition to their next duty assignment. Call 456-8400 for more information.

Readiness Briefing

The Airman and Family Readiness Center's Readiness program is available at 8 a.m. Tuesdays and 2 p.m. Thursdays to provide information and support during all phases of deployment. This important briefing is mandatory for all active duty members and available for spouses, family members and significant others. Military members must be in uniform when attending this appointment. Please arrive at least 15 minutes early. Call 456-8400 for more information.

Volunteers needed

The Volunteer Program is for those who are between jobs, looking for a chance to make new friends or wanting to give something back to the community. Child care may be provided. Call the Airman and Family Readiness Center at 456-8400 for more information.

Chapel events

Education

Protestant Religious Education is at 5:30 p.m. Wednesdays in the Chapel 2 Annex until further notice.

Protestant Services

Liturgical communion service, 9 a.m., Sunday, Chapel One
Community worship service, 10:30 a.m., Sunday, Chapel Two

Inspirational gospel service, noon, Sunday, Chapel Two

Catholic Services

Confession, 4:30-5:15 p.m. Saturday in Chapel Two

Mass, 5:30 p.m. Saturday in Chapel Two, 9 a.m. Sunday in Chapel Two and 11:30 a.m. Sunday in Chapel One

Islamic Services

Prayer services, 1:30 p.m. Friday, Masjid Noor, 1000 Delhi Road in Bossier City

Services events

Twice the hold'em

Calling all Texas Hold'em fans! Enjoy twice the poker at Stripes because tournaments are now held twice per month, scheduled for Oct. 20. Registration begins at 5:30 p.m. and play begins promptly at 6:30 p.m. Prizes are paid to the top eight finishers. The first eight eliminated play again for a prize. Cost is \$10 for club members, \$20 for non-members and includes a two entree buffet dinner. Advance reservations are taken with payment. Call 456-4926 to sign up.

Record jackpot

Win big each Tuesday at bingo in the Stripes Ballroom. It features eight \$100 cash games, a \$12,000 progressive cash jackpot, an \$800 progressive cash jackpot and jackpot game for a cruise for two to Mexico. All ranks, retirees and civilians are welcome. Club members get special pricing. Dinner and early bird games begin at 5:30 p.m. Calling begins promptly at 6:30 p.m. Call 456-4926 to learn more.

Teen, family talent show

Teens and families are invited to take the spotlight at the upcoming teen and family talent show 7 p.m. Oct. 30 at the youth center. This is open to all ages. Performers are divided into the following four categories: musical, instrumental, drama and variety. Sign up at the youth center to participate. Call 456-3448 for more information.

A Taste of Barksdale

The Barksdale club and AAFES are hosting a wine and art soiree from 6-9 p.m. Oct. 27 in the ballroom. Enjoy tasting

over 60 brands of wine, art from Shreveport regional arts council and a fine selection of hors d'oeuvres. All guests receive an engraved keepsake wine glass. Tickets cost \$24.95 for members and \$29.95 for non-members and are available for purchase at the Barksdale Club and the Shoppette. Persons unable purchase tickets may reserve will-call tickets by phone at 746-2203.

Monster bash

The Barksdale Dormitory Council is hosting a monster bash Halloween party at Stripes Lounge at 9 p.m. Oct. 27. The event is free and open to all enlisted and guests. Prizes are awarded for best costume and best dancer. A spades tournament will be held concurrently. Call 456-4926 to learn more.

Stuff a critter

Stuff a critter or purchase one ready-made at the arts and crafts center. The cost is only \$20 and includes the critter, stuffing, birth certificate, wishing star and t-shirt. Additional outfits including fairy, BDUs, pirate, soccer, cheerleader and more are also available for \$8 each. Additional t-shirts including LSU shirts are available for \$2 each. Call 456-3140 or stop by the arts and crafts center today.

Teen car class

Teens are invited to attend a car maintenance class at the auto craft shop at 2 p.m. Oct. 14. Cost is \$10 per person. Class participants learn auto safety, when to get expert maintenance, how to check your car for problems, how to check oil, fluids and brakes, how to change a tire and other basic car care tips. Call 456-4695 for information.



OCT 14
HOBAN HALL, 10AM-4PM

Fall Festival
& CAR/MOTORCYCLE SHOW



LIVE MUSIC BRATWURST & BIER GARTEN
ARTS & CRAFTS VENDORS
CHILDREN'S AREA PUMPKIN DECORATING

3 1 8 . 4 5 6 . 3 1 4 0

A wonderful ‘sensei’-tion



Airman 1st Class Alyssa Miles

Sensei Mark Duffield helps base youth warm up before the Judo Club class Thursday. Each of 10 Judo Club members placed in the top three during their event at the Louisiana Open Tournament in Denham Springs, La. Free judo classes are available at the fitness center on Tuesdays and Thursdays. Classes for ages five to 12 are from 6-7 p.m. and classes for ages 12 and older are from 7-8 p.m. For more information, call 456-4135.

HOW TO ...

SPORT THE PT-UNIFORM

SALUTING IS NOT REQUIRED! ALL AIRMEN MUST COMPLY WITH TATTOO AND JEWELRY STANDARDS AS STATED IN AIR FORCE INSTRUCTION 36-2903, DRESS AND PERSONAL APPEARANCE OF AIR FORCE PERSONNEL.

AIR FORCE PTU

E-1 and above

HAT OR KNIT CAPS ARE AUTHORIZED PROVIDED THEY MEET MILITARY IMAGE REQUIREMENTS; BANDANAS AND OTHER SIMILAR HEAD SCARVES ARE NOT AUTHORIZED UNLESS AIRMEN HAVE A MEDICAL WAIVER

T-SHIRTS MAY BE WORN OUT OR TUCKED IN

BLACK OR NAVY BLUE LEGGINGS OR STRETCH SHORTS MAY BE WORN UNDER UNIFORM SHORTS

ANY ATHLETIC SHOES MAY BE WORN; WHITE SOCKS OF ANY LENGTH AND SMALL CONSERVATIVE TRADEMARKS ARE AUTHORIZED

COMMANDERS WILL DETERMINE WHAT UNIFORM ITEMS -WHICH CONSIST OF A JACKET, PANTS, SHORTS AND T-SHIRTS- AIRMEN WILL WEAR DURING UNIT FITNESS EVENTS.

AIR FORCE PTU

E-1 and above

FEMALES MAY WEAR HAIR FREE OF PINS OR OTHER ACCESSORIES NORMALLY REQUIRED TO MEET UNIFORM STANDARDS

HEADPHONES ARE STILL AUTHORIZED

JACKETS MAY BE ZIPPED OR UNZIPPED AND WORN WITH CIVILIAN CLOTHES

SAFETY ITEMS SUCH AS REFLECTIVE BELTS, CAMELBACKS AND FANNY PACKS ARE AUTHORIZED

THERE IS NO MANDATED MATERNITY PT UNIFORM

STAY TUNED! THE UNIFORM BOARD IS WORKING ON OPTIONAL ITEMS INCLUDING A LONG-SLEEVE SHIRT, SWEATSHIRT AND ANOTHER STYLE OF RUNNING SHORTS.

Courtesy graphic

Use the wingman system to avoid driving after drinking.
Your “Plan B” is AADD, 456-0013.



Sports shorts

Duck Hunter workshop

Get ready for hunting season with a duck hunting workshop hosted by Red Chute Shotgun Sports 8 a.m. Saturday at the Gun Club on the east side. The class includes calling instruction with Rod Haydel of the nationally acclaimed company, Haydel Duck Calls, a retriever demonstration, shotgun instruction, decoy rigging and use of equipment, safety, and many duck hunting tips. The clinic is free and lunch is served afterwards for \$5. Call 747-9654 to find out more.

Family fun run

The fitness center is hosting a five kilometer family fun run 8 a.m. Oct. 28. The event is free of charge and includes fruit after the event and door prizes. Call 456-4926 for more information.

Ladies' golf clinic

The golf course is holding a ladies' golf clinic 2-4 p.m. Nov. 4. Cost is \$50 per person and class openings are limited. Call the golf course at 456-2263 today to reserve a spot.

Golf demo days

Demo days take place 10 a.m. to 2 p.m. each Saturday throughout October at the driving range. The demos feature different brand names each week including Mizuno, Titleist, Callaway, Adams, Ping and Taylor Made. Call the golf course at 456-2263 for details.

Football frenzy

Football frenzy is underway at Stripes Lounge every Sunday and Monday. Watch all the games with NFL Sunday Ticket. Club members get a chance to win a trip to an NFL game, the Pro Bowl or the Super Bowl that includes game tickets, airfare, hotel and transportation. Call 456-4926 for more information.

Hunter safety classes

Louisiana hunter safety classes are scheduled for Oct. 26-28 at the forestry office. Classes are held Thursday and Friday from 6-9:30 p.m. and Saturday from 8 a.m. to 1 p.m. Call Paul Williamson at 453-0991 to sign up.

The natural resources office is offering Barksdale hunter safety classes at 6 p.m. Thursday at the Natural Resources Education Center, located at 6141 Range Road. Classes will also be offered Nov. 2 and 16, Dec. 5 and Jan. 4. This class is required for anyone who wants to hunt on base. No registration is required. For more information, call 456-1963.

UFC fight night

Watch the Ultimate Fighting Championship live at Stripes Lounge 8 p.m. Saturday. For more information, call 456-4926.

Halloween bowling

The bowling center is holding a kids Halloween cosmic bowling party 1-3 p.m. Oct. 28. Cost is \$6 and includes unlimited bowling throughout the party. Call 456-4133 for details.

Superman bowling program

Kids of all ages are invited to participate in the bowling center's superman bowling program. The program is going on until Oct. 31 and features a free glow in the dark bowling ball and superman t-shirt for completing the program. Sign up at the

bowling center and pick up a superman punch card to participate. Kids may bowl any time during open bowling for a total of 16 sessions in a two game format at \$10 per visit. The punch card may not be used during league play or cosmic bowling. Call 456-4133 to learn more.

Proper weightlifting techniques

The fitness center is hosting a class on proper weightlifting techniques and an orientation on the facility equipment from 9 a.m. to noon Wednesdays. Anyone age 13-15 is required to attend this orientation. For more information, call 456-4135.

Barksdale martial arts academy

The Barksdale martial arts academy hosts a variety of martial arts classes at the Youth Center. Tai Chi classes are held 11:15 a.m. to noon Mondays and 11:15 a.m. to noon and 6-6:45 p.m. Wednesdays. Wing Chun classes are held noon to 12:45 p.m. Mondays and noon to 12:45 p.m. and 6:45-7:30 p.m. Wednesdays. These classes are on the punch card system in which ten class punch cards cost \$75. Additional family members receive a \$10 discount. Tae Kwon Do classes are held 5-6 p.m. Mondays and Wednesdays. Iaijutsu is held 5-6 p.m. Tuesdays and Thursdays. These two classes cost \$45 per month. Contact Russell McWhorter at LAKungfu@cox.net or by phone at 572-1255 for more information.

Baby Boot Camp, Mommy and Me

Expectant and new mothers six weeks to 12 months postpartum, with their doctor's permission, are invited to attend the fitness center's Baby Boot Camp and Mommy and Me programs. Classes are held at the fitness center noon to 1 p.m. Tuesdays, Thursdays and Fridays. For more information, call 456-4135.

Saturday paintball

Paintball is now available every Saturday 9 a.m. to 4 p.m. at the new field at Clear Lake Park. Cost is \$12 per person and will admit participants for the day. Rental gun, mask and 100 paintballs are also included in the admission price. Only paint purchased at the field is permissible. Additional paint is \$4 for 100, \$15 for 500, \$30 for 1000 and \$60 for 2000. No sign up is necessary. Call 456-7765 for more information.

Fit Factor

Fit Factor, the Air Force Services new youth fitness initiative program, encourages healthy choices and teaches youth the value of their lives. Being fit will put youth in touch with their bodies, increase their self-esteem and help them establish the desire to set personal goals. Fit Factor is an exciting web-based program that will reward youth for being active and making healthy choices everyday. Call 456-3448 for information.